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United States
Department of
Agriculture

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Food and
Consumer
Service

Mountain Plains
Region

Reply to
Attn. of: SP 98-07

1244 Speer Blvd.
Denver, CO
80204-3581

Subject: Definition of Entree under Nutrient Standard Menu
Planning (NSMP)

To: STATE AGENCY DIRECTORS - Colorado ED, Iowa,
(Child Nutrition Programs) Kansas, Missouri ED,
Montana OPI, Nebraska ED,
North Dakota, South Dakota,
Utah and Wyoming ED

An entree is defined as a combination of foods or a single food item that is offered as the main course. The menu planner determines what will be offered as the entree. State Agencies (SAs) should encourage menu planners to plan entrees that are acceptable to students as the main course.

Menus planned using NSMP must meet the nutritional levels established in the regulations or be moving toward that goal. Since the entree is a substantial portion of the meal and is the only required item to be served to each student, it should provide substantial nutrients toward the required nutritional standards.

When only three items are offered to a student, the entree along with one of the other menu items should be adequate to meet the nutritional needs of the student. Not only should SAs encourage SFAs to offer entrees that are acceptable to students, SFAs should offer entrees that serve as the main course which provide substantial nutrients toward meeting the nutrition standards established for the age/grade group served.

A lettuce salad composed of iceberg lettuce would not provide substantial nutrients toward the nutrient standards; however, a tossed salad containing carrots, tomatoes, lettuce, red cabbage, and radishes could easily provide 100 percent of the nutritional standards for Vitamins A and C. Likewise, bread sticks alone do not provide a substantial amount of the measured nutrients; but, two one-ounce cheese bread sticks with marinara sauce can easily provide 50 to 100 percent of the nutrient levels established for Protein, Iron, Vitamin A, and Vitamin C.

STATE AGENCY DIRECTORS

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If you have any questions, please contact the Special Projects
Section at (303) 844-0355.

Ann C. DeGroat

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Child Nutrition Programs

cc: Colorado Health, Missouri Health, Montana Health,
Wyoming Health